

Abstract 355

TITLE: A Sexual Risk Reduction Intervention For HIV+ Individuals: Preliminary Findings
From Gay and Bisexual Men

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BACKGROUND/OBJECTIVE: Studies indicate that 26 to 57 percent of HIV+ gay and bisexual men continue to engage in high-risk sexual practices, despite knowing their HIV+ serostatus. Here we present preliminary data on the efficacy of a sexual risk reduction intervention for HIV+ individuals.

METHODS: The Share Safer Sex Project is based on a social cognitive model of behavior change. HIV+ individuals who reported having unprotected sex with at least one HIV- negative or unknown status partner during the previous 4-months were assigned to either: (1) a single (90 min) brief "targeted" counseling session focusing on the individual's problem behavior(s) within three domains (i.e., condom use, negotiation of safer sex, and disclosure of HIV+ serostatus); (2) a single "comprehensive" session covering all three domains; (3) the same comprehensive session plus two monthly "boosters" to reinforce change; or (4) three sessions focusing on "diet" and exercise; with 4-month follow ups for 1-year.

RESULTS: Present analyses were based on 268 "gay-identified" HIV+ men who had completed counseling, and follow up assessments at 4-and 8-month post intervention. Overall, participants in the "Targeted" and the "Booster" conditions improved the most as compared to the control condition on a variety of safer sex outcomes. Significant reductions in the number of unprotected sex acts from T1 to T3 for "Targeted" (M=27 to 18); and "Boosters" (M=34 to 26) were reported. Subjects in the "Diet" and "Comprehensive" groups revealed little to no change from T1 to T3 (M=19.1 to 19.9 and M=23 to 23, respectively). Percent of subjects in the "Targeted" and the "Boosters" conditions who were "always unsafe" also decreased (37% to 16%; and 32% to 9%, respectively). No change was noted among subjects in the diet and the comprehensive groups. Subjects in the targeted condition reported the largest decrease in number of HIV- negative or unknown status partners from T1 to T3 as compared to the diet and exercise condition (12 to 6 versus 5 to 3).

CONCLUSION: These results suggest that participation in a "brief targeted" intervention condition or a "comprehensive" plus two monthly boosters is associated with improvements in a number of markers of safer sex from baseline to 8-month follow up.

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